AIFreeForever

The Ultimate Truth or Dare Guide for 2026

Truth or dare is a party game where each player picks a truth (a question they answer honestly) or a dare (a short challenge they do right away). This guide covers how to set the game up, six tips for a fun and safe game, the game modes with example prompts, and a page to plan your own.

How to play truth or dare

Sit in a circle and take turns. On your turn, choose **truth** or **dare**. A truth is answered honestly; a dare is done right away. Agree on the rules before you start: anyone can **pass** on a prompt they are not comfortable with, nobody is pushed, and the group picks a game mode and age group that suits everyone playing.

Six tips for a great game

1. **Match the intensity to your group.** Start with Easy & Friendly for new groups, then go bolder as everyone gets comfortable.
2. **Use Safe Mode for families.** Turn it on for mixed ages so every prompt stays family-friendly.
3. **Keep Extreme for adults who agree.** Only use bold prompts when every player is comfortable with them.
4. **Let anyone pass.** A pass with no questions keeps the game fun for everyone.
5. **Add a theme.** A sleepover, beach trip or first date theme makes prompts fit the moment.
6. **Regenerate freely.** If a set feels too easy or too wild, make a new one with the same settings.

© 2026 AIFreeForever

Game modes and example prompts

Pick the mode that fits your group. Every prompt can be skipped, and Safe Mode keeps any mode family-friendly.

Mode	Best for	Example prompt
Classic	Any group	What is a secret you have never told anyone?
Funny	Parties, friends	Sing everything you say for the next 3 minutes.
Flirty	Couples, adults	What was your first impression of me?
Extreme	Adults who agree	Let the group read your last three texts.
Easy & Friendly	New groups, families	What is your favourite cartoon character?
Teens	Sleepovers	What is your biggest fear about high school?

Plan your game

Fill this in before you play, then make your prompts on the Truth or Dare Generator.

Who is playing, and their ages

The game mode and theme

House rules (passes, limits, how a round ends)

© 2026 AIFreeForever